

1        1.        An exercise device comprising:  
2        a frame including a substantially longitudinal portion;  
3        a base adapted for linear motion and supported by said substantially longitudinal portion of said  
4                frame;  
5        a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular  
6                orientations relative to said frame;  
7        a bar adapted to couple to said multi-position lock; and  
8        a head portion pivotally mounted to said frame and including a spring releasably coupled to said  
9                frame thereby, when engaged said spring allows resistance to movement of said head  
10               portion.

1        2.        The exercise device as in claim 1, wherein said longitudinal portion of said frame and  
2        said base adapted for linear motion are in combination comprised of a male and a female tube  
3        that telescope relative to one another.

1        3.        The exercise device as in claim 1, wherein said multi-position lock is comprised of a first  
2        portion releasably secured to a second portion, the first portion mounted to said frame and said  
3        second portion adapted to receive said bar.

1        4.        The exercise device as in claim 1, wherein said bar is further comprised of a free end, a  
2        handle and a flexible portion.

1       **5.**       The exercise device as in claim 4, wherein said flexible portion is comprised of a coil  
2       spring that is mounted between said free end and said handle.

1       **6.**       The exercise device as in claim 1, wherein said head portion includes a head frame  
2       mounted to a head support, said head frame mounted to said spring.

1       **7.**       The exercise device as in claim 6, wherein said spring is comprised of a torsion spring.

1       **8.**       The exercise device as in claim 1, wherein said spring is releasably coupled to said frame  
2       by way of a locking pin and a spring ear.

1       **9.**       The exercise device as in claim 8, wherein said locking pin is movably mounted to said  
2       frame and said spring ear is mounted to said spring.

1       **10.**      The exercise device as in claim 1, wherein said base includes at least one wheel capable  
2       of articulation on a supportive surface.

1       **11.**      An exercise device comprising:  
2       a frame;  
3       a base adapted for linear motion and supported by said frame;  
4       a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular  
5       orientations relative to said frame;

6 a bar adapted to couple to said multi-position lock; and  
7 a head portion pivotally mounted to said frame and including a spring releasably coupled to said  
8 frame thereby, when engaged said spring allows resistance to movement of said head  
9 portion.

1 **12.** The exercise device as in claim 11, wherein said frame and said base adapted for linear  
2 motion in combination are comprised of a male and a female tube that telescope relative to one  
3 another.

1 **13.** The exercise device as in claim 11, wherein said multi-position lock is comprised of a  
2 first portion releasably secured to a second portion, the first portion mounted to said frame and  
3 said second portion adapted to receive said bar.

1 **14.** The exercise device as in claim 11, wherein said bar is further comprised of a free end, a  
2 handle and a flexible portion.

1 **15.** The exercise device as in claim 14, wherein said flexible portion is comprised of a coil  
2 spring that is mounted between said free end and said handle.

1 **16.** The exercise device as in claim 11, wherein said head portion includes a head frame  
2 mounted to a head support, said head frame mounted to said spring.

1       **17.**     The exercise device as in claim 16, wherein said spring is comprised of a torsion spring.

1       **18.**     The exercise device as in claim 11, wherein said spring is releasably coupled to said  
2 frame by way of a locking pin and a spring ear.

1       **19.**     The exercise device as in claim 18, wherein said locking pin is movably mounted to said  
2 frame and said spring ear is mounted to said spring.

1       **20.**     The exercise device as in claim 11, wherein said base includes at least one wheel capable  
2 of articulation on a supportive surface.